



## Instant Pot Air Fryer Keto Coconut Shrimp

**Active Time:** 10 minutes | **Total Time:** 20 minutes | **Serves:** 4

### Nutrition Information Per Serving

513.3 calories, 7.79 g carbohydrate, 4.58 g fiber, 3.21 g NET carbs, 44.26 g protein, 35.38 g fat

### Ingredients

- 8 Tbsp(s) Pork Panko
- 1 pound wild shrimp, peeled and deveined
- 1 large eggs
- 1/2 cup(s) coconut flour
- 1/2 cup(s) unsweetened coconut flakes
- 1/4 tsp(s) sea salt
- 1/8 tsp(s) freshly ground black pepper
- 1 Tbsp coconut oil, melted

### Preparation

1. In a small shallow bowl, add the eggs and whisk to combine. In another shallow bowl, combine the coconut flour, coconut flakes, crushed pork rinds, salt, and pepper in a separate shallow bowl.
2. One at a time, dip the shrimp into the beaten eggs, then into the coconut flour mixture. Place the prepared shrimp in the air fryer basket in a single layer.
3. Drizzle or spray the shrimp with half the oil.
4. Cook at 370 degrees for 4 minutes per side.
5. Flip the shrimp, drizzle or spray the remaining oil and cook 4 minutes more to golden brown.

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